

Guidelines for all First Year Students Joining On/Off Campus Accommodation



Dear Hostel Students,

We look forward to your arrival and have high expectations from you in this new normal.

Just like everything else around us, living in the hostel will require different protocols and more conscious practices to keep everyone safe and healthy. We will remain your partners during your stay in the hostel and want to remind you that we all are required to monitor ourselves and adhere to the safety regulations to protect each other from COVID-19.

Stay Strong and Stay Safe with these following rules, regulations and guidelines:

A) Managing Ourselves

Observing safety protocols to prevent the risk of spreading COVID-19 is the responsibility of the entire hostel community- staff and students alike.

The five behaviors you must embrace:



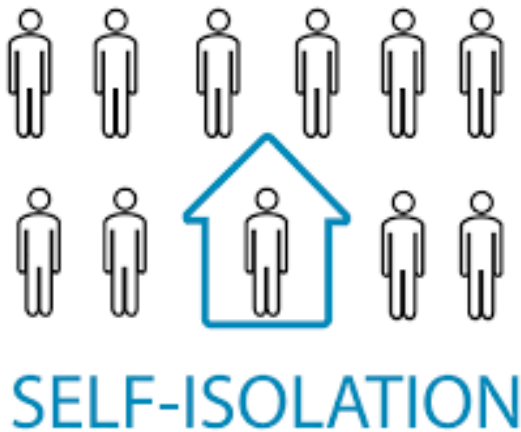
1. Use the **Sehat App** every day as soon as you wake up.
2. Do not share food items, water bottles, and any items that are specifically meant for personal use.
3. Wear your face mask as soon as you leave your room.
4. Use a hand sanitizer when entering and leaving the hostel and wash your hands frequently.
5. Maintain a 6-foot distance from another person.

B) Pre and Post Arrival protocols

- **Before arriving** please call the Aga Khan University Hospital (AKUH) call center at +92 21 **111 911 911** to book your COVID-19 assessment and test appointment. The validity of test is 72 hours. You must arrange your travelling logistics accordingly.
- On the day of arrival please report to on-campus Hostel Reception counter to complete the check-in formalities, drop your luggage and then report directly to the COVID testing site to get the assessment and test done. The COVID assessment and testing site is open from 9:00 AM to 5:00 PM Monday to Saturday.
- The test result is expected in 24 hours.
- During this time, depending on the assessment of the physician, you will be required to self-quarantine in your room at the on/off campus hostel.
- Students declared COVID-19 '**Negative**' will start formal activities as recommended by the Student Health Physician.
- Based on the symptoms, exposure and Physician assessment you may be required to self-quarantine in Hotel till you get result and clearance from SHS.
- Any student declared COVID-19 '**Positive**' would be required to stay in the designated hotel arrangements made by the University.

- If the results are positive, Student Health Services (SHS) will raise the Accommodation results for hostel students. Accommodation team will coordinate with the Hostel management and student for completion of transfer process.
- In case of symptoms, students may take routine medications from the hostel team as recommended by SHS while leaving for isolation.
- Students will be re-evaluated during and at the end of the self-isolation period by Student Health Physician based on which decision will be made about discontinuation of isolation.
- During self-isolation for moderate to severe symptoms students may be referred to the ER for evaluation regarding Hospital admission.

While you are in Quarantine/Isolation at on/off campus Hostel/Hotel



- During the self-quarantine/ self-isolation period, movement of students would be restricted and they will not be allowed to leave the hostel/ hotel premises or socialise with anyone.
- Entry into the hostel for visitors would be strictly restricted. Only maintenance complaints would be attended.
- During this time, room cleaning will be the responsibility of the individual student to avoid any further individual exposure.
- During this self-quarantine, all new joining hostel students will be provided packed economy meals in hostels. Students will not be charged for the food during this quarantine period.
- During self-quarantine students will not be allowed to order or accept food from an outside caterer/franchise.

- Students are encouraged to stay connected with family and friends remotely.

What to Do if You are Sick during Quarantine /Isolation period:



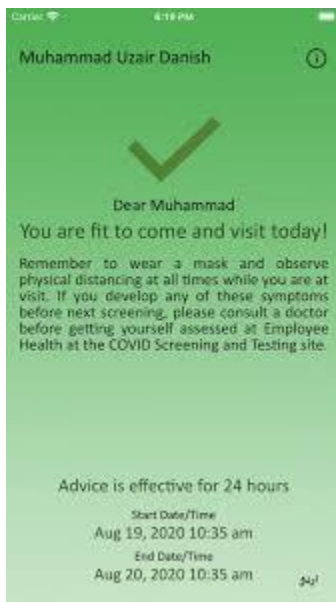
- If you have symptoms such as cough, fever, Body ache, diarrhea or other respiratory problems, contact Student Health Services or the Employee and Student Hotline **+92-300-827-8350** (10:00am-10:00pm) or email student.healthpk@aku.edu to get advice about your problem.
- TELE-CLINIC may be the option to contact your Student physician depending on your complaint. Check with Student Physician /Nurse, or schedule an appointment online with Student Health Services.
- Stay in contact with the Hostel Team and MONITOR your symptoms and follow-up for instructions via PHONE and EMAIL with Student Health Services.
- Stay connected with family and friends remotely.

C) Using the Sehat App

The Sehat check will assess your health status. After logging in and answering questions related to your symptoms, you will receive either a green or a red card.



The **green** card allows you to continue with your academic/other commitments.



The **red** card suggests that you are not well. At this time, the Student Health nurse, the hostel manager and your program lead will be automatically informed. You must stay in your room regardless of your symptoms. Contact the Student Health Services or call 24/7 employee and student Hotline # **0300-827-**

8350 (10:00am 10:00pm) for consultation and inform the Hostel Team for facilitation. Please call them at Ext 5491 /5492.

D) Wear your mask

Be a role model – you **MUST** wear a surgical mask within and around the hostel premises.



Wearing a mask will help protect yourself and people around you, including those at higher risk of severe illness from COVID-19 and workers who may frequently come into close contact with others and are around you. [Learn more about face coverings here](#)

E) Hand Hygiene

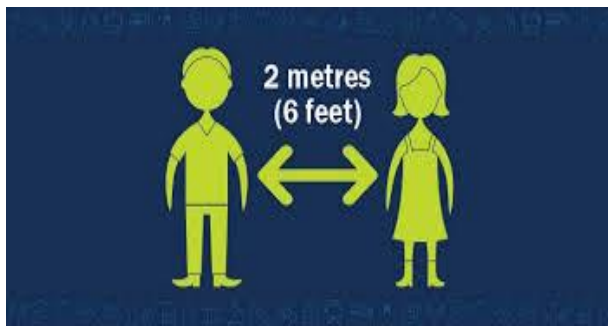
You **MUST** use the hand sanitizers installed at the hostel entrance and within the hostel at multiple locations while entering and leaving the premises.



Hands should be washed with soap and water for at least 20 seconds when visibly soiled, before eating, and after using the restroom. [Learn more about handwashing here](#).

F) Physical Distancing

To practice social or physical distancing, please stay at least 6 feet (about 2 arms' length) from another person, both indoors and outdoors; particularly from those who are not family members.



[Learn more about maintaining physical distance here.](#)

G) Within the Hostel

1. Maintain social distancing when using the laundry, pantry and washroom.
2. Do not plan large gatherings or meet other groups of other hostel residents. Remember: The more people an individual interacts with at a gathering and the longer that interaction lasts, the higher the potential risk of becoming infected with and spreading COVID-19.
3. Take care of your emotional health. Physical distancing doesn't mean social isolation. Connect with family and friends remotely.

H) COVID kit

Upon joining: please bring a COVID kit with you

Your COVID kit should include:



Surgical Masks: It should be worn by when traveling back to campus. This provides greater protection from others who may have the virus.

Hand Sanitizer that contains at least 60% alcohol: It can be used where sinks are not available.

Alcohol Swabs: You can disinfect surfaces which are touched frequently.

Thermometer: You will have to monitor your fever daily. When you assess yourself on the Sehat app, this will be required. Anything more than 38⁰ should be reported.

Supplies to clean your room. Daily cleaning /disinfecting surfaces is best practice to prevent COVID-19.

I) Stay connected: Some Important Contact Info:

<u>Hostel</u>	<u>Student Health Services (SHS)</u>	<u>Counseling Services Wellness Office</u>
<p><u>Female Hostel Staff:</u></p> <p>Ext. 5491/5492</p> <p><u>Manager Female Hostel</u></p> <p>Mehrunissa Kabani Ext. 5455</p> <p>Email ID: mehrunissa.kabani@aku.edu</p> <p><u>Hostel Coordinator for COVID-19</u></p> <p>Shaista Khan</p> <p>Ext.5534</p> <p><u>Hostel Coordinator for Safety & Security</u></p> <p>Almas Shehzad Ext. 5534</p> <p><u>Male Hostel Staff:</u></p> <p>Ext. 4421/4422</p> <p><u>Manager Male Hostel:</u></p> <p>Tabassum Nadeem Ext. 4420</p> <p>Email ID: tabassum.nadeem@aku.edu</p> <p><u>Hostel Coordinator for COVID-19 & Safety & Security</u></p> <p>Ghulam Hassan Ext. 4421</p>	<p><u>Chair of the Student Health Services</u></p> <p>Dr .Aziz Jiwani</p> <p><u>Student Health Physician</u></p> <p>Dr. Samar Zaki</p> <p><u>Student Health Nurse:</u></p> <p>Ms.Noorjehan Momin</p> <p><u>Student Health Services (email.ID)</u></p> <p>student.healthpk@aku.edu</p> <p><u>24/7 Employee and Student Hotline</u></p> <p>0300-827-8350 (10:00am 10:00pm)</p> <p><u>Call Centre for Scheduling COVID test appointment</u></p> <p>Please call (021) 111 911 911</p>	<p><u>Associate Director</u></p> <p>Dr Hadia Pasha Ext. 4456</p> <p>Email ID: hadia.pasha@aku.edu</p> <p><u>Student Counsellors</u></p> <p>Ms Aqsa Yaqoob</p> <p>Ms Aqsa Hanif</p> <p>Ext. 4301</p> <p><u>Student Psychiatrist</u></p> <p>Dr. Sana Siddiqui</p> <p>Get an appointment by emailing at</p> <p>student.counsellor@aku.edu</p> <p>student.psychiatrist@aku.edu</p>